

A BOOK OF HEALING POTIONS

11 recipes for
nice soups to share
with your friends!

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cheers to you, my friends! soup season is forever!

PANTRY SOUP

WITH ORZO, CHICKPEAS, AND TOMATO

A Potion For Embracing What You Have

Serves the whole crew

Ingredients

The base:

*(these are all ingredients
I almost always have in
my pantry):*

- 1 onion, diced
- 2-4 cloves of garlic, minced
- 1 (15oz) can of whole plum tomatoes
- 4-6 cups of chicken broth (can substitute veggie or turkey broth)
- $\frac{3}{4}$ cup orzo
- 1 (15oz) can of chickpeas or cannellini beans (rinsed)
- Salt, black pepper, red pepper flakes, and dried italian herbs (oregano, parsley, etc.) to taste
- Parmesan to taste

Take it up a level if you have:

- Carrots, peeled and diced
- Celery, diced
- Parmesan rind
- Spinach (fresh or frozen)
- Lemon
- Fresh herbs like parsley and rosemary (omit the dried herbs if you use fresh)

Preparation

1. Warm olive oil in a large pot. Saute onions (and carrots/celery if using) until soft. Use a little salt to make them sweat >:)
2. Add garlic and saute until fragrant.
3. Crush the tomatoes with your hands as you add them to the pot. Pour in the tomato liquid.
4. Add broth and bring to a simmer.
5. Add parmesan rind if you have it (this is a umami bomb; I highly recommend it).
6. Add dried or fresh herbs.
7. Add the orzo and cook until al dente.
8. If applicable, remove parmesan rind and any sprigs of fresh herbs.
9. Stir in the chickpeas/beans and spinach (if using).
10. Add lemon juice to taste (if using).
11. Adjust seasoning if needed.
12. Serve with freshly grated parm and any chopped herbs that you have.

Notes: This is less of a recipe and more of an abstract concept of soup. Do with it what you will.

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LOTUS ROOT PORK RIB SOUP

莲藕排骨汤

Potion of "This not quite like my grandma's but it'll do"

Serves ?? people (eyeball it, depends how much water you put in, how big pot is)

Ingredients

- Ingredients however much you have/want! PS. *The initial cost of the dried herbs can be hefty but you don't use that many at a time and you can just leave it in the pantry until you need them again!*
- Spare Pork Ribs (I usually get them as small pieces already but you could get the whole long ones and cut them longer instead of small)
- Lotus Root, peel, cut open and rinse out any dirt. Then cut into uniform slices or big chunky slices, up to you.
- Dried Red dates, cut in half, remove pit if you want.
- Dang Shen 党参 (codonopsis pilosula), should be able to find in chinese grocery stores. I grab a few and cut into three or four.
- Sha Shen 沙参 (Four Leaf Ladybell Root), break in two or leave as is.
- Green onions, chop into two or three.
- Ginger, cut some slices
- Crack a few white peppercorns if you have them, or use ground white pepper.

Preparation

1. Boil your water with the ginger and green onions. When it boils for a bit, get the ginger and green onions out.
2. Put everything else in. All of it!
3. Get it to a boil.
4. Stir it a lil. Turn heat to low, keep covered, and simmer for three hours.
5. You're done! If you want you can grab a ladle and scoop the scum off the top. Salt to taste.

Notes:

- Homely soup, savory, best drank hot. Make a big batch and drink through the week, my grandma microwaves little portions of her soups all the time!
- Ok, so there's really a proper way to make this involving a few extra simple steps but I just like dumping everything in one pot, so this is what we're doing here. I also like my soup with some impurities since it feels homier, but maybe the soup I drank was like that 'cause my mom didn't have time for all the extra steps
- Hmm also, I don't know a lot of the theory behind eastern medicine and I'm sure there's stuff about who should drink these herbs or not, but I just make it 'cause it's yummy :-)
- Extra steps are: parboiling the lotus root separately with some vinegar and vegetable oil or soaking it with vinegar and salt, to prevent blackening (but I don't mind it so I don't do this). Also boiling the ribs (separately), to clean out blood/impurities, then rinsing with water.
- Other items you can add: carrots, corn, peanuts! Soak the peanuts and rinse them before putting them in.

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(NOT SO) Classic Onion Soup

A potion to warm any cold heart

Serves 2/3 people

Ingredients

- 3 large onions (or 4 medium ones)
- 2 Garlic cloves, crushed
- Beef or veggie broth
- Salt & Peppercorns
- Unsalted Butter
- Cheese: Emmental, Parmesan or Mozzarella, shredded
- Sliced bread
- (Bonus taste: Maggi or White Wine)

Preparation

1. Cut your onions in half then slice thinly
2. In your soup pot, add the butter (the more, the better) and peppercorns. Let the butter melt slowly
3. Add the onions and a pinch of salt and let them cook and reduce by half.
4. Once the onions are nice and soft, add the crushed garlic and cover with broth. Let everything cook together for at least 20 minutes. Taste as you go, add more salt or Maggi if needed.
5. Shred your cheese of choice while everything cooks. Once the soup is done, serve in oven-proof bowls
6. Top with a slice of bread and some cheese, then broil in the oven until the cheese is melted
7. Enjoy !

Notes:

- Onions are the most important part of the recipe ! Getting good onions will only make your soup better, so get those fancy ones.
- Same for the broth: homemade is better, and if you're using pre-made, the quality is everything
- Using different types of peppercorns will make your soup different each time. Black peppercorn is a classic, Sichuan peppercorns also work really well, and my favorite is Kampot pepper.
- You can deglaze the onions with white wine between steps 3 and 4 for extra warmth.
- If your soup lacks depth due to lackluster onions or broth, adding a few drops of Maggi will save it !
- Traditional French onion soups ends with broiling it in the oven. If you don't have an oven, it's ok ! Just putting cheese on top of the hot soup and toasting the bread on the side is also fine.
- Very good for practicing knife skills (that's a lot of onion slices!)
- Also a way to have that good cry you deserve.

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SUJAEBI 수제비

Korean Hand Noodle Soup

Hearty Soup that teleports you back to childhood Sunday brunch times

Serves 4 people

Ingredients

Makings of Hand Noodles

- Flour (5cups)
- Salt Water ($\frac{2}{3}$ cups Water + 1teaspoon water)
- Makings of Toppings
- Zucchini ($\frac{1}{2}$)
- Onion (1)
- Sesame Oil (1 teaspoon)
- Scallions

Makings of Soup Broth

- Potato
- Soy Sauce for Soup (2 table spoon)
[warning] this soysauce is different from normal soysauce/ it is denser and more pungent/ meant for soup/ any counter soy sauce won't do
- Minced garlic (3cloves)
- Salt ($\frac{1}{2}$ teaspoon)
- Pepper (few dashes)
- Soup Base (or you can buy pre-made soup bases from the store)
 - Dried Anchovy (about 10)
 - Dried Dashi Seaweed (2 medium size)
 - Dried Shitake Mushrooms (4 medium size)
 - Water 10cups?(fill your 4 people size pot $\frac{2}{3}$ with water)

Preparation

Making the Hand Noodles

1. In a large bowl put 5cups of flour.
2. Prepare the salt water ($\frac{2}{3}$ cup Water + 1 teaspoon), pour the salt water in flour 1-2 table spoon at a time, until the flour becomes dough like, the goal of the dough it is have a slight sticky consistency but it shouldn't be too sticky where bit of dough will actively stick to hand and fall apart
 - *If it is too sticky add tad bit more flour, if too dry add a tad bit more water
 - *you could use a whisk but in my family we will start with mixing the flour with water with spoon and then just using hands to knead the dough with good force- punching it is allowed
3. For best results wrap the dough airtight in plastic and chill in fridge for at least 30 min (for best best result 1day and half chilling makes the best chewy texture)

Making the Broth

1. In a pot pour cold water set fire to high and add dried anchovy(about 10) dried dashi seaweed (2- 2"x2" ish size), dried shitake mushroom (4 medium size) once the pot starts to boil sift and remove the dashi, set the fire to low and let the broth simmer for 10-15 more min
 - *or you can use the Anchovy+Dashi Seaweed store bought packets

2. Time to chop the vegetables! For the potatoes cut them to your bite size preference (but thinner they are the faster they cook- I prefer dicing tho for texture) thinly slice zucchini, and onion, mince the garlic, and thinly slice the scallions. Add the potatoes into the simmering broth and prepare a separate pan for the zucchini and onion. Put aside scallion separately for later garnishing.
3. On medium flames, coat the pan with sesame oil and cook the onion and zucchini with the minced garlic with a dash of salt. Once you see a golden slightly brown hue coat equally all over the vegetables set the vegetable aside for later garnishing.
4. Add the soy sauce for soup, and depending on your sodium preference add salt and pepper
5. Sift and remove the anchovy, and shitake mushrooms
 - *if you want you can later thinly slice the shitake mushrooms and add it back to the soup to eat
6. Remove the plastic from chilled dough, set fire to high and thinly shape the hand noodles with equal thickness(the best you can) and plop it all into the soup.
 - * the thinner you make it the chewier the texture + more intergrated with broth!
7. Let the noodles cook for 3-5min. Once done distributethe soup into bowls and add the garnish(zucchini, onions, scallions) that was set aside on top of the soup
8. Enjoy!!

Bonus: Lazy Version

1. Buy Ramen(strong flavored Korean ramen recommended) and follow their directions until you get to the [put in the dried ramen] part
 - *if you are feeling a bit fancy add some sliced onion or/and zucchini to the broth as it boils
2. Make the Dough as instructed above, who has time for chilling? set fire to high and start thinly shaping the noodles and dunk them into the soup
3. Wait for about 3-5 min for hand noodles to cook and then add the dried ramen and let it cook for 3 more min
4. Depending on preference add egg or prehaps some scallions for the oomph?!
5. Yay ur done!

Notes:

- If you don't have the means to make the traditional soup base - it also goes well with ramen (I used to do it all the time as a college student)
- This soup is an infamous soup where it is impossible to write a recipe it kinda comes down generation to generation with grandma's using measurements such as a 'handful' 'about a pinky' or 'whatever feels right'... I tried me best

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PORTUGUESE BEAN SOUP

A Potion For Fall Time Homesickness & warmth!

Serves 8 people....maybe more (probably more)

Ingredients

- Hambone or hamhock
- 15 ounce can of kidney beans, drained
- 1 Box of elbow macaroni
- 2 potatoes, cubed
- 2-3 carrots, diced or cut into lil rounds
- One 16 ounce can of crushed tomatoes
- One 16 ounce can of tomato sauce
- One package (link? Uhhh sleeve?) of Portuguese sausage (if can't find, Chorizo sausage works too!)
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Half or 1 medium head of cabbage, depending on size

Notes:

- The main ingredient for this soup is a big 'ol ham bone! This is the perfect recipe to make after thanksgiving with your leftover ham bone, or you can buy a ham hock. >:)
- You can truly pick and choose some of the ingredients, depending on how hearty you want it. Often I do just the macaroni and not the potatoes. (You gotta have 2 meats tho, that's mandatory).

Preparation

1. If using a leftover ham bone, cut as much leftover meat from the bone as possible and set aside. Place the bone in a large pot and cover with water.
2. Bring ham bone/ham hock to a boil. Add the reserved meat and all the remaining ingredients except the macaroni and cabbage.
3. Simmer the whole dang thing for 1-2 hours, stirring frequently. The broth will become flavorful and any left over meaty bits will fall off the bone and become one with the soup!
4. If the soup starts to get too thick, add water.
5. Once everything starts coming together and the potatoes and carrots are almost tender, add the macaroni.
6. Once the macaroni starts getting tender, add the cabbage and cook until soft.
7. Add more salt and pepper as needed!

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Three Ingredient TOMATO SOUP

Potion for a Week of Easy Dinners

Serves 2 (according to the original recipe. I usually double or quadruple it for maximum soup!)

Ingredients

- 4 tablespoons butter
- 1/2 a large onion
- 1 (28-oz) can of tomatoes (whole peeled or crushed peeled are your best options, not fresh!)
- 1 1/2 cups of either water, low sodium veggie stock, or chicken stock
- Salt to taste
- Feel free to also add garlic or basil if you desire! I do a pinch of black pepper too.

Preparation

1. Melt butter in a large saucepan (if you're doubling the recipe (or more) I usually use a big spaghetti pot)
2. Add onion wedges, water or stock, can of tomatoes (with juice), salt, and garlic/basil if you're adding it. Bring to a simmer. Cook uncovered for 40 minutes, stirring occasionally.
3. Blend the soup, then season to taste. Feel free to make it as smooth or as chunky as you like it! If you have an immersion blender it supposedly works great for this-- I don't have one so I do it in batches in a normal blender (don't forget to leave space in the blender and remove the little lid cap thing!!)
4. Enjoy!!

Notes:

- For real this is the easiest soup recipe, but you do need a blender! When blending be sure to remove the little air cap on the blender lid and cover with a towel or a few layers of paper towels or the blender will explode :)
- It's possible to make this soup without broth, but I recommend using some because it makes it richer!
- It's also totally possible to make this vegetarian/vegan if needed!

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I Stole This From Alton Brown: BUTTERNUT SQUASH SOUP

A Potion For Pumpkin Spice Season

Serves 4 people

Ingredients

- 1 Large Butternut Squash (the original recipe calls for two, which I think is overkill. Unless you can't get a big one.)
- Melted butter (to roast the squash with)
- 1 tbsp + 1 tsp salt
- 1 tsp White pepper (I've also used black pepper)
- 3 cups veggie or chicken stock
- 4 tbsp honey
- 1 tsp ginger
- 4 oz heavy cream
- ¼ tsp nutmeg

Preparation

1. Preheat the oven to 400* Fahrenheit
2. Chop squash into pieces. They don't need to be super small (and it's easier to de-skin it after it roasts) but cutting it up can help it to fit on the oven tray.
3. Brush the squash with butter and season with salt and white pepper. Lay flesh side up on a tray (foil lined for easy cleanup :)). Roast for 30-35 minutes (depending on how good your oven is, I've sometimes gone longer), until squash is soft.
4. Scoop the flesh from the squash skin into a pot and add the stock, honey, ginger (and other spices as you see fit-- I add some nutmeg here too). Bring to a simmer, then puree with a stick blender or transfer to a normal blender in batches to blend (being sure to remove the cap insert!)
5. Once blended, return it to the stove pot and add the heavy cream, returning to a low simmer.
6. Season with nutmeg, salt, and pepper (and whatever else you want!)
7. Enjoy!

Notes:

- Another pretty easy recipe (lots of just waiting for things to roast!) but it again requires a blender or a stick blender. Same note about removing the insert on your blender cap applies—cover the hole with a towel or wad of paper towels to release the steam from the soup as you blend!
- I stole this recipe from Alton Brown so I've copied his ingredient list— I usually go way heavier on the ginger and nutmeg than this says to. I like a spiced soup! Feel free to add other spices as you see fit as well-- You really can't go wrong with more!

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sweet potato & corn chowder

A Potion For a Sweet and Cold Night!

Serves 8 people

Ingredients

- 4 slices of uncooked bacon, diced
- 3 tablespoons of butter
- 4 cups of diced sweet potato, skinned
- ½ an onion, chopped (you can change this to however much onion you want! I personally like to be stinky because it's flavorful)
- 4 cloves of garlic
- ½ cup of flour
- 1 15 oz can of corn, drained (you can add more corn if you want! Corn is delicious.)
- 4 cups of chicken stock
- 2 cups of heavy cream
- Salt and Pepper for seasoning
- Optional: 1 green onion, chopped up (for garnish!)

Preparation

1. Turn your heat to medium and melt the butter in a soup pot. Add the diced bacon and cook until crispy! Take out the bacon and leave the bacon fat in the pot (This will make your soup tasty)
2. In the same pot with the bacon fat, throw in your diced sweet potato, garlic, and chopped onion. Season with salt and pepper! Once the garlic is cooked and the onions are translucent, gradually add the flour and stir. It'll get thick, but try to stir until there are no clumps!
3. In the same pot, add your chicken stock, canned corn, and gradually stir in the heavy cream.
4. Cook on medium heat 30 minutes, occasionally stirring and checking to see if the sweet potato is soft.
5. Garnish with your chopped green onion!
6. Serve to your loved ones. Watch everyone go, "WOW. GOOD SOUP!"

Notes:

This recipe is very flexible so you can substitute or add more ingredients if you like! You can substitute the heavy cream for coconut milk if you're allergic to dairy or half and half if you're trying to be healthy. You can also add some curry powder if you'd like the chowder to have a curry flavor!

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KEVIN'S MOM'S SALTY Noodles

A Potion For Multitasking

Serves 2 people

Ingredients

- Fistful of dried noodles (I love shandong noodles)
- 1 pound or so of pork chop, trimmed of fat (if you wish) and slivered (cut to thin strips). You can substitute chicken breast if you have that on hand instead.
- Greens, ideally Shanghai baby bokchoy, as many as you care to cook. I cut off the bulb ends so the leaves are separated but do as you wish.
- 1 or 2 cloves of garlic - peeled and lightly smashed but intact.
- 2 tablespoons of ginger, matchsticked (or chopped).
- 3 or so scallions - greens chopped, and whites cut in half longitudinally and then cut to 1.5-or-so inch lengths.
- Chinese cooking rice wine - Mijiu - or other rice wine for cooking, about 3 tablespoons for the marinade.
- Chicken bouillon powder - about a half teaspoon per serving, and another half teaspoon reserved.
- Soy sauce - about 2 tablespoons per serving, and about 4 tablespoons for the marinade.
- Hondashi (Instant dashi flakes) (optional)
- Sesame oil (optional)
- Water
- Vegetable oil for the pan
- Salt, as needed

Notes:

- I am NOT a huge soup person BUT I do like noodles. My mom taught me to make these noodles as my first dish to learn to cook before I went off to college, and it's a quick and handy way to have noodles and soup without having to actually put something on the stove for a long time. My mom would often make a version of this for me and my siblings on weekend mornings.
- You'll need a frying pan and a pot suitable for boiling enough water to cook the noodles. You may have leftover pork and bokchoy.
- Amounts are APPROXIMATE and from memory! View Preparation for a recommended timetable on prepping ingredients.

Preparation

1. Put some water on to boil, about 4 or so cups. While it's heating up, make sure your ginger, scallions, and pork are prepped.

Pork Marinade

1. Put the pork slivers on a large plate with enough room for the pork and some liquid (or a large bowl if you like). Salt the pork lightly, then flip it over and salt again.
2. Mix all the scallion whites and ginger with the pork. (You may wish to use your hands to avoid dropping anything)
3. Pour the soy sauce for the marinade and the rice wine over the pork, ginger, and scallions. Mix again. The meat can marinate at room temperature, sitting on your counter for a half hour or so.

Soup Bowls

1. In the bowls you intend to serve with, divide the scallion greens - take as much as you care for. If there's any left, add it to the marinating pork.
2. In each serving bowl, over the scallion greens: add the half teaspoon of chicken stock powder, and the 2 tablespoons of soy sauce. You may add a couple drops of vegetable oil, or sesame oil if you wish, as well as a liberal pinch of hondashi. Add a small pinch of salt in each bowl as well.
3. At this point, the water should be boiling. Pour boiling water into each serving bowl, so that the liquid level is about at 50-60% of the height you want it to be at when you serve.
4. Add water back into the pot for noodles - put it back on heat to bring to a boil once again.
5. Taste the soup in a bowl - add soy sauce, salt, or hondashi or anything else to adjust the flavor to your liking, to both.

Greens

1. Heat up your pan at medium-high heat. Add a teaspoon or two of vegetable oil once it seems like it's starting to get hot - enough to saute the greens.
2. Once the oil begins to shimmer, add the garlic. Saute for 30 seconds or so, then add the greens.

3. Give the greens a turn around the pan so they start to become coated in oil. Then add the reserved half teaspoon of chicken stock powder, then 2 or so teaspoons of water to the pan, all at once if possible. Stir the greens so they can cook and the chicken stock powder can dissolve in the water and flavor the greens. You may want to turn the heat down to medium-low.
4. When the greens are just about cooked through, remove them from the pan, and the liquid if there is any. Wipe the pan dry with a paper towel.

Noodles

1. Wait until the water is boiling. SALT THE WATER and then add your noodles. You may want to stir frequently to avoid the water and starch boiling over.

Pork

1. Put the pan back on medium-high heat. Add a tablespoon or so of vegetable oil when warmed up. Wait until oil is starting to shimmer.
2. You may either dump the whole contents of your marinade plate into the pan OR pick the pork, scallions, and ginger out of the pan out individually with chopsticks to avoid throwing unnecessary liquid into the pan. The liquid in the pan may increase the cooking time and add extra savoriness and browning to the surface of the pork (not necessarily desirable as it may be lost in the soup or be too much).
3. Saute the pork, stirring occasionally, until cooked through.
4. The noodles and pork should be done close to the same time. When done, drain the noodles out in a colander. Right before serving, use chopsticks or tongs to place desired amount in each bowl of soup. Then top with some pork and as many greens as you can fit into the rest of the bowl!

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SIMPLE CORN EGG DROP SOUP

Potion for Ingesting a Lot of Corn

Serves 4 people

Ingredients

- 1 (15oz) can of creamed corn
- 1 (8 oz) can of whole kernel sweet corn
- 2 cups dashi or chicken broth
- 2 cups water
- Ground white pepper (to taste)
- Salt (to taste)
- 2 eggs (lightly beaten)
- 1 scallion (chopped)

Preparation

1. Dump both cans of corn, broth, and water together in a medium-sized pot.
2. Bring everything to a boil, and simmer with the lid off for 10 minutes.
3. Season soup with white pepper and salt to taste.
4. Add about 2 tsp of room temp water to your eggs, mix.
5. Slowly drizzle egg mixture into your simmering soup, in a thin stream. Pour continuously in clockwise motion, so you make a fun spiral of egg in the soup! Sing the Corn Chant over the soup while you pour (optional).
6. Turn off heat, and get your favorite soup ladle. Swirl ladle through the egg ribbon, breaking up the egg into thin little blooms! My favorite part! AAAH!
7. Divide into bowls, top with scallions, and enjoy!

Notes:

- You can add so many toppings, additional protein, etc to jazz this recipe up! Small pieces of chicken, diced ham, or slices of silken tofu are great protein options.
- Tbh you can just use water and a lil dashi powder if you're in a pinch :P
- If you can't find creamed corn, then just add a bit of corn or potato starch slurry to thicken the soup up a bit.

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YAM and GINGER dessert soup

番薯糖水

Potion for IBS Havers Who Still Want Dessert

Serves 4 (?) people

Ingredients

- 2 Yams (purple or orange or BOTH!)
- 1 Fresh Ginger (sliced)
- Rock Sugar (also known as crystal sugar)
- 4 cups of water
- sesame balls (optional!)

Preparation

1. Wash your yams and ginger and then use a peeler to get rid of the skin. Cut Yams into bite size blocks and ginger into slices.
2. Heat up 4 cups of water in a pot. When it boils, add all your ingredients in! Start with a few small pieces of rock sugar and add more to your liking! Same goes for ginger, start with about 5 slices of ginger and add more if you want it to be spicier! Optional: if you have access to an asian supermarket and they have frozen black sesame balls in stock...add them to this soup it's a great addition!!
3. Put your soup on high heat until it boils! Then turn it down to medium heat to boil for another 20-30 mins. Soup is ready when your yams are soft.

Notes:

- Do you have a stomachache after dinner? But you still want to have dessert? Then this is the soup for you... This dish has ginger which is great for expelling gas and yam with high fiber for your digestion!!
- A common behavior amongst Chinese cooks is that we don't measure shit! You can adjust any measurements in this recipe to your liking so taste as you go!

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acknowledgements

My friends are the best > :)

A big thank you to everyone who sent in a recipe!

Set in Zilla Slab by Typotheque (which I am now learning is

Firefox's typeface... which... makes a lot of sense...eh...)

Heavily referenced Compagnon Italic by Valentin Papon.

Designed & illustrated by Jean Wei (me). Fall 2021.

(except for that VERY cute onion self-portrait by Luchie!!!)

Inspired by many soup-related things, especially the comic

"Soup Season" by Alex Krokus, which is always on my mind.

